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NEWS WORTH SHARING.

## HAP-PY BIRTH-DAY, MR. DIC-TAT-OR

HE'S NO MARILYN, AND KIM JONG-UN IS NO KENNEDY, BUT DENNIS RODMAN DID HIS BEST IN SERENADING HIS NORTH KOREAN FRIEND ON HIS SPECIAL DAY PAGE 6

## Are Canadians un-liking Facebook?

Research finds one in three Internet users did not use the social network in the previous month PAGE 9

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Ducks walk around an area where a suspected outbreak of the H5N1 bird flu virus was reported in Vietnam in February 2012. Federal public health officials say a fatal case of bird flu has been reported in Canada, the first such case in North America.

NA SON NGUYEN/THE ASSOCIATED PRESS

# No public risk despite H5N1 death

**Health.** Edmonton woman stopped by Vancouver airport before succumbing to flu strain, says official

British Columbia's public health officer says travellers who passed through Vancouver International Airport need not worry after one person in Alberta died of H5N1 influenza.

Dr. Perry Kendall confirmed the victim, who died Jan. 3 in Edmonton, stopped at the airport for two-and-a-half hours on Dec. 27 as they flew home from Beijing on Air Canada flight 030.

Health Canada has begun notifying passengers of the flight.

However, Kendall says passengers on the flight and those at the Vancouver airport (YVR) on that day from 12:30 to 3 p.m. need not worry.

"We've done an extensive risk assessment with Health Canada and Alberta authorities and we see minimal, minimal risk to people who have been exposed to this individual," said Kendall. "We won't be notifying (passengers at YVR that day) because we don't think there is a public health risk."

Kendall says human-to-human transmission of the H5N1 virus is "very rare."

"And if it does happen, it's restricted to close family contact," he said. "It's extremely unlikely that travellers would have been put at risk."

He adds the incubation period of the virus has since passed, so anyone who might have been infected would have already seen symptoms.

The Alberta death is the first-ever recorded H5N1-related fatality in North America.

MATT KIELTYKA/METRO

MORE COVERAGE, PAGE 8

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## Chinese community. Minister vows sincere apology

Teresa Wat, minister responsible for multiculturalism, is trying to assure British Columbians that the government's apology to the Chinese community for historical wrongs will be more than a vote-winning gesture.

Opposition leader Adrian Dix held a press conference Wednesday where he and fellow NDP MLAs Jenny Kwan and Bruce Ralston showed the media 89 bills, 49 resolutions, seven reports and two resolutions made by the government between 1872 and 1938 targeting Chinese immigrants. They range from efforts barring Chinese residents from voting and denying them equal access to health care to banning them from certain employment.

Dix said releasing the legislation and holding an upcoming summit about the issue with youth will lend credibility to the government's intention to apologize in the legislature.

"The government somewhat discredited this process in the way they approached it, with the quick-wins matter," said Dix, referring to leaked pre-election Liberal strategy suggesting an apology could be used to gain political support.

The government has already released its own collection of discriminatory legislation on the EmbraceBC website and continues public consultation forums with the Chinese community on Sunday.

"I'm passionate about this issue, it's the right thing to do," said Wat. "I applaud the NDP for taking on extra research and helping the public understand the history. We want this to be a non-partisan process."

MATT KIELTYKA/METRO

Kristin Martins-Taylor pulls out containers from a refrigerator with stem cells at the University of Connecticut's Stem Cell Institute. GETTY IMAGES FILE

# Hospital to collect umbilical cord blood

## Rich in stem cells. Provinces committed $48M to create the national cord blood bank

EMILY JACKSON
emily.jackson@metronews.ca

Babies born at the B.C. Women's Hospital will soon help save the lives of leukemia and lymphoma patients across the country.

Canadian Blood Services chose the hospital as one of four in the country to collect blood from umbilical cords, a rich source of stem cells needed to treat life-threatening diseases such as childhood cancers, the organization and the hospital announced Thursday.

The hospital was picked based on the high number of annual births — at about 7,000, 20 per cent of B.C.'s infants are born there — and the diversity of the local population, Canadian Blood Services spokeswoman Annie Barrette said.

Since most stem cells available in Canada are from Caucasians, doctors often have to import cord blood to treat other ethnicities, Barrette said.

The national bank will provide a "made in Canada" solution to treat its multicultural population, Barrette said, noting it can be particularly challenging to find stem-cell matches for Chinese, South Asian and Aboriginal patients, along with children of mixed marriages.

If a mother decides to donate the blood, it is simply taken from the umbilical cord (which is subsequently discarded as medical waste) after delivery, put in an IV bag and shipped to a storage facility in Edmonton, explained Dr. Jan Christilaw, president of BC Women's Hospital and Health Centre.

The procedure has no impact on the mother or child and is the easiest way to get stem cells, which can also be harvested from bone marrow or circulating blood. The blood is screened for diseases and can be stored for 10 to 15 years.

Previously, there were private banks where people could store their child's stem cells, but there was no system in place for public use.

"Having the public bank where the blood is screened, it's typed and then it's stored for public use is a massive step forward," Christilaw said. "We're very, very happy to be able to do this for the Canadian population."

Provincial governments committed $48 million to create the national cord blood bank. Canadian Blood Services is raising the remaining $12.5 million. Donations can be made at blood.ca/cordblood.

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# Valour. Officers, civilians honoured for their bravery

When a man jumped over a downtown McDonald's counter and threatened the staff with a knife on Sept. 12, 2012, Nicholas Hobden went after the man, grabbed his knife and suffered a minor wound in the process.

Although he was only a few feet away from the exit when the incident took place, Hobden, who was 21 at the time, said he had no intention of leaving.

"I'm gonna have to step in or it's gonna look like a Tarantino movie," he recounted Wednesday. "It all happened really quick, but I'd do it again."

Hobden was one of several citizens and police officers honored for various acts of bravery at the Chief Constable's Commendation and Certificate of Merit Award Ceremony on Wednesday at the Roundhouse Community Arts & Recreation Centre.

**Taking action**

**"I'm gonna have to step in or it's gonna look like a Tarantino movie."**

**Nicholas Hobden,** who was harmed wresting a knife away from a man.

There were three categories of awards: certificates of merit, chief constable's commendation and chief constable's unit commendation.

Among the recipients of the chief constable's commendation was Const. Colleen McKitrick, who investigated the case of two missing 12-year-old girls who had a suicide pact with 23 other children. Due to her efforts, none of them were hurt.

She said she hopes that she was able to make a difference and prove that officers are not "all big and scary" and there is help out there.

SINDHU DHARMARAJAH/FOR METRO

**Protesters in proximity**

## RCMP 'mistake' led to Harper security breach

Oopsies.

The RCMP says it made a mistake that led to two protesters joining Prime Minister Stephen Harper onstage during a question-and-answer session at a Vancouver hotel on Monday.

"The review of the incident is still ongoing. However, we have identified the mistake and have implemented necessary changes to prevent a repeat occurrence," said RCMP National Division spokeswoman Cpl. Lucy Shore in a statement Wednesday.

But the RCMP will not say exactly what the mistake was or reveal what steps it has taken to prevent future protesters from getting within arms' length.

"For security reasons, we can't expand on that," Shore said.

The protesters dressed as waiters with aprons bought at Value Village to get into the high-security event, where journalists' bags were screened by a bomb-sniffing dog. Vancouver police will not lay charges.

"The vast majority of these appearances happen without incident," Shore said, adding that protecting VIPs requires a balance between security and the public's right to free speech.

EMILY JACKSON/METRO

When residents learned of the city's plan to build a bike path through Hadden Park, they painted lines to show how much grass would be lost. CONTRIBUTED

# Court date set for bike path battle

**Kitsilano.** Land donor insisted in 1928 that the park remain 'in its present state of nature'

EMILY JACKSON
emily.jackson@metronews.ca

Does a concrete bike path improve a park or violate its natural state?

A court date has been set for March for a B.C. Supreme Court judge to settle this battle between Kitsilano residents and the City of Vancouver and the park board.

**Key issue**

**"The judge is really going to have to decide whether a bike path is a violation of the trust or whether it's something you can expect to see in a park."**

**The plaintiff's lawyer, Bob Kastings**

The city's plan to build a 12-foot-wide cycling lane through Hadden Park to improve safety on the crowded Kitsilano seawall path sparked a lawsuit from a resident who wants to maintain the park's green space.

Megan Carvell Davis argues the change would violate the stipulation to keep the park "as near as possible in its present state of nature," set when Harvey Hadden donated the land to the city in 1928.

The city will argue that the bicycle path is part of a larger seaside greenway project and that having a bicycle path is simply part of being a park, according to affidavits provided to the resident's lawyer Bob Kastings.

"The judge is really going to have to decide whether a bike path is a violation of the trust or whether it's something you can expect to see in a park," Kastings said.

In the interim, there is an injunction stopping the city from doing anything in Hadden Park.

The city has also agreed to stop planning for changes at Kits beach until the issue is resolved, Kastings said.

The hearing is set for March 12 and 13.

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# Rodman serenades North Korean leader

**Basketball diplomacy.** Former NBA player hopes to build connections with North Korea through the sport

Dennis Rodman sang Happy Birthday to North Korean leader Kim Jong-un before leading a squad of former NBA stars in a friendly game Wednesday as part of his "basketball diplomacy" that has been criticized in the United States as naive and laughable.

Rodman dedicated the game to his "best friend" Kim, who along with his wife and other senior officials and their wives, watched from a special seating area. The capacity crowd of about 14,000 at the Pyongyang Indoor Stadium clapped loudly as Rodman sang a verse from the birthday song.

Rodman said he was honoured to be able to play the game in the North Korean capital and called the event "historic." Some members of the U.S. Congress, the NBA and human rights groups, however, say he has become a public relations tool for North Korea's government.

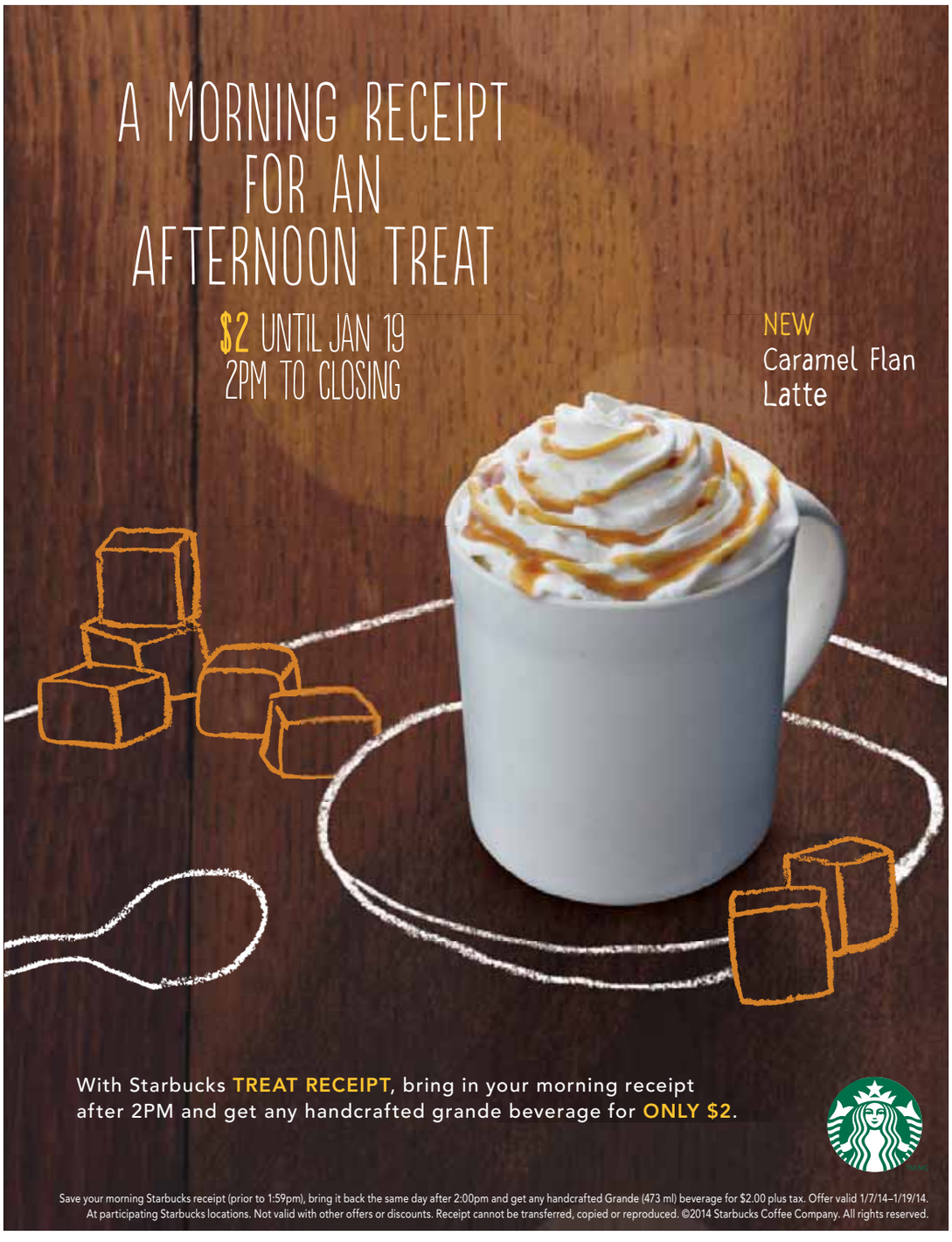
The government's poor human rights record and its threats to use nuclear weapons against rival South Korea and the United States have kept it a pariah state. Kim shocked the world in December by having his uncle, once considered his mentor, executed after being accused of a litany of crimes including corruption, womanizing, drug abuse and attempting to seize power.

Rodman, 52, has refused to address those concerns while continuing to forge a relationship with Kim, whose age has never been officially disclosed. The government did not say how old he turned Wednesday but he is believed to be in his early 30s.

THE ASSOCIATED PRESS

Dennis Rodman sings Happy Birthday to Kim Jong-un.

KIM KWANG HYON/THE ASSOCIATED PRESS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## Solar flare. Sun delays space station supply run

A strong solar storm is interfering with the latest supply run to the International Space Station.

On the bright side, the orbiting lab has won a four-year extension, pushing its projected end-of-lifetime to at least 2024, a full decade from now.

"This is a big plus for us," said NASA's human exploration chief, Bill Gerstenmaier.

On Wednesday, Orbital Sciences Corp. delayed its space station delivery mission for the third time.

The company's unmanned rocket, the Antares, was set to blast off from Wallops Island, Va., with a capsule full of supplies and science experiments, including ants for an educational project. But several hours before Wednesday afternoon's planned flight, company officials took the unusual step of postponing the launch for fear solar radiation could doom the rocket.

Orbital Sciences' chief technical officer, Antonio Elias, said solar particles might interfere with electronics equipment in the rocket and lead to a launch failure.

THE ASSOCIATED PRESS

In this Tuesday image, a giant cloud of solar particles explodes off the sun, which is obscured to show the atmosphere around it.

ESA/NASA-SOHO/THE ASSOCIATED PRESS

Taking the plunge

### Giffords skydives to commemorate third anniversary of shooting

Gabrielle Giffords, the former congresswoman severely injured three years ago in a mass shooting, has made an impressive recovery, learned to walk again and founded a national political organization. On Wednesday, while others gathered for bell-ringing and flag-raising ceremonies, she marked the anniversary by skydiving. Gifford waved and blew kisses to a crowd at a skydiving site between Phoenix and Tucson after landing without injury. She described the jump as a wonderful experience.

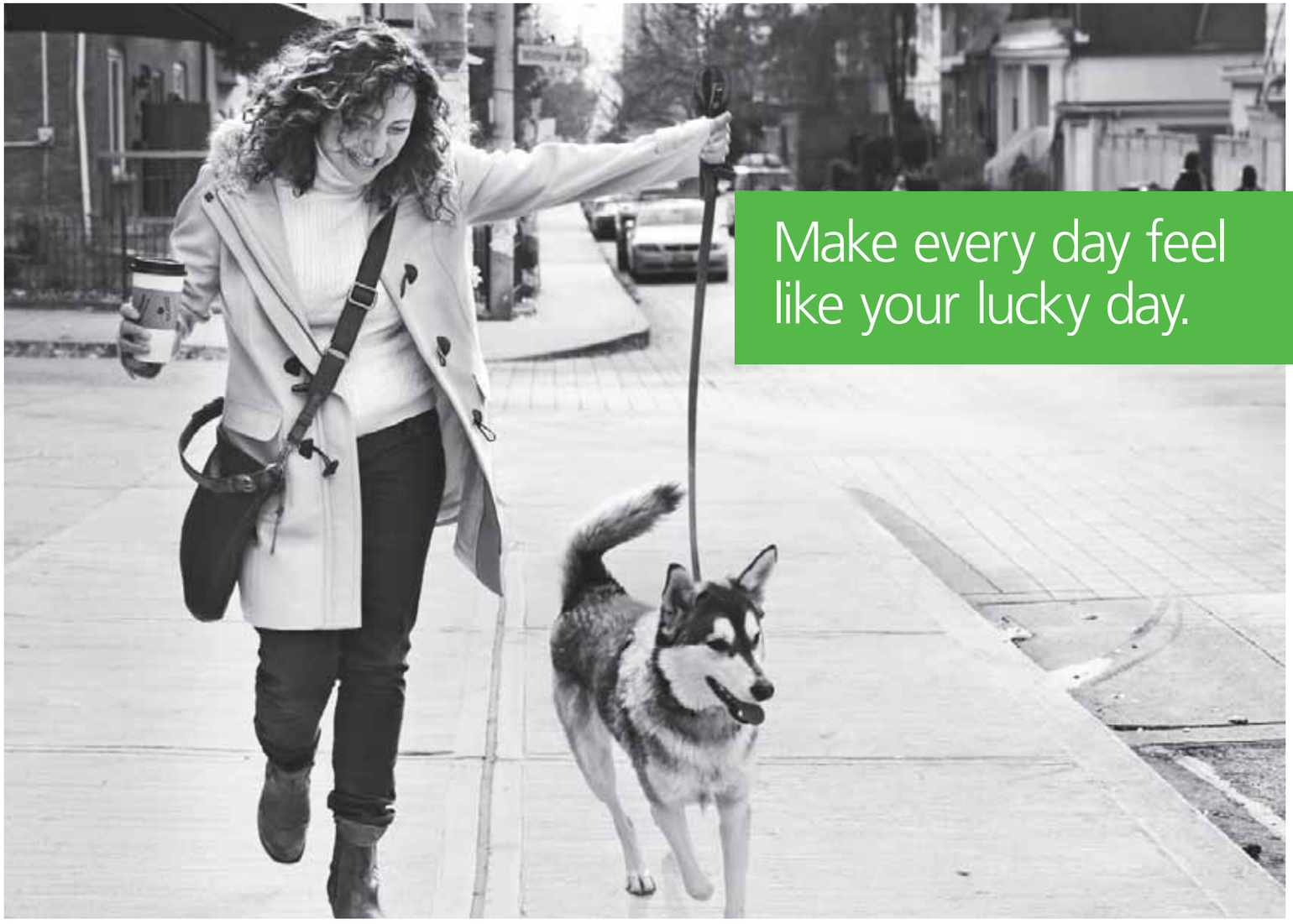
THE ASSOCIATED PRESS

Insane Clown Posse

### Rap-metal duo sues U.S. Justice Department

The Insane Clown Posse sued the U.S. Justice Department on Wednesday over a 2011 FBI report that describes the rap-metal duo's devoted fans, the Juggalos, as a dangerous gang, saying the designation has tarnished reputations and hurt business.

The American Civil Liberties Union filed the lawsuit in Detroit federal court on behalf of the group's two members, Joseph Bruce, or Violent J, and Joseph Utsler, or Shaggy 2 Dope. It also names four fans as plaintiffs. THE ASSOCIATED PRESS



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# Fatal bird flu case surfaces in Alberta

**First in North America.** Health officials assure public that incident was isolated, unrelated to seasonal flu

Federal public health officials say a fatal human case of H5N1 bird flu has been reported in Canada, the first such case in North America.

Health Minister Rona Ambrose says the case, which was located in Alberta, was an isolated one and that the risk to the general public is small.

"The risk of getting H5N1 is very low," Ambrose told a hastily assembled news conference in Ottawa via conference call.

"This case is not part of the seasonal flu, which circulates in Canada every year."

The H5N1 strain is unrelated to the seasonal flu outbreak, Ambrose added.

Health officials say the victim had travelled to China last month and was hospitalized after returning to Alberta on Jan. 1, then died two days later.

They say that while it remains unclear how the person contracted the virus, there is no evidence of human-to-human transmission.

"The health system did everything it could for this individual, and our thoughts are with the family at this time," Ambrose said.

Dr. James Talbot, Alberta's chief medical officer of health, said that family members of the victim are being monitored and treated with medication, noting that there's nothing to indicate they are sick.

THE CANADIAN PRESS

## PM defends rail-safety record in wake of N.B. derailment

Derailed train cars burn in Plaster Rock, N.B., Wednesday. A CN freight train carrying crude oil and propane derailed Tuesday night in a sparsely populated region of northwestern New Brunswick, leading to the evacuation of 150 people. It's at least the third such serious incident on North American rails since last July's deadly derailment in Lac-Mégantic, Que., that claimed 47 lives. Prime Minister Stephen Harper, speaking to reporters in Inuvik, N.W.T., Wednesday, defended his government's record on rail safety, saying the government has "vastly" increased rail safety and rail inspections. TOM BATEMAN/THE CANADIAN PRESS

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## What are you, a mind reader? Well, yes

International Consumer Electronics Show attendees experiment with the Muse brain sensing headband Wednesday in Las Vegas. The headband measures brain activity, which the user can see on a mobile device to help manage stress and different emotional states of mind. JULIE JACOBSON/THE ASSOCIATED PRESS

# Facebook losing Canadian fans

**Thumbs down.**
We are not all liking the social media network these days, survey finds

Facebook may be the world's biggest social network, and particularly popular in Canada, but there are still plenty of Canadian holdouts who refuse to join or have logged off permanently, suggests recently released research.

One in three Canadian Internet users told pollsters that they did not use Facebook in the previous month, according to a report by the Media Technology Monitor, based on telephone surveys with more than 4,000 Canadians last spring.

Of them, 14 per cent said they used to have a Facebook account but quit, 16 per cent said they're technically still a member but rarely use the site, and 70 per cent said they never joined at all.

Younger non-Facebook users were more likely to have abandoned their profiles.

THE CANADIAN PRESS

**Not following**

When poll respondents were asked why they quit Facebook, the most common response was they didn't find the site useful, followed by privacy concerns and a lack of time to engage with the site.

Canadians are not giving Facebook a thumbs up lately. GETTY IMAGES FILE

**Seeks court approval**

## Mobilicity wants to include wireless licences in its sale

Financially struggling Mobilicity wants court approval to include its valuable wireless licences in any sale.

Mobilicity paid the federal government $243 million for its wireless spectrum in 2008 and the ban on its sale to major carriers expires next month. But Industry Canada has twice denied Telus' request to buy Mobilicity, which has been under creditor protection since last fall. THE CANADIAN PRESS

**Market Minute**

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# OWN THE IRRATIONAL REACTION

HE SAYS

**John Mazerolle**
metronews.ca

It's almost time for the Olympics, which for many people is the only time they care about sports aside from hilarious ball-to-the-groin videos on YouTube.

That means some of you might have felt adrift this week as Canada announced its Olympic hockey team, an event that left hockey fans buzzing like my 20-year-old fridge.

Everyone likes to cheer for their country, but if you're not obsessed with hockey the rest of the time, than joining the heated conversations at home and the workplace can be tricky.

To help, I've compiled this primer for newbie Olympic hockey watchers about what they should say during the tournament to blend right in:

**What to say during Olympic hockey:**

The No. 1 rule to remember is that there can be no rational analysis of a world hockey tournament.

Canadian hockey history is rife with late, one-goal victories that somehow taught us that Canada is an unstoppable, dominant force in world hockey. It's also replete with shootout losses and other hard-fought defeats that taught us our national hockey program is a disaster that must be burned to the ground.

There is no middle ground, even if the outcome of the game came down to random chance.

Remember this when the games start. You might feel nervous about complicated discussions about matchups, statistics, etc., but those are just a smokescreen of facts that hide the three irrational pillars of hockey discussion: momentum, heart and clutch.

These might sound like intangible nonsense that would be impossible to measure or even ascertain, but shut up.

**Wrong:** "These are two evenly matched teams and there is no discernible momentum."

**Right:** Whichever team has most recently scored "has all the momentum."

**Wrong:** "It's overtime, so it's going to come down to random chance as two teams give it their all."

**Right:** "It's overtime, so it's going to come down to which team has the most heart."

**Wrong:** "I bet Sidney Crosby wins it because the highest scoring player is the player most likely to score now too."

**Right:** "I bet Sidney Crosby wins it because he's so clutch."

And that's how to speak like a true hockey fan.

One last lesson: If you come across a newspaper columnist or other unpatriotic liberal who questions any of these truisms, your surefire response is to say, "Clearly you've never played the game," and then walk away. With that sort of momentum, you could be a TV hockey commentator in no time.

Assuming, of course, that you're clutch.

ZOOM

## Dark clouds hanging overhead

ULET IFANSASTI/GETTY IMAGES

### Volcano erupts in Indonesia, again

Mount Sinabung spews pyroclastic smoke, seen from Sibintun village on Wednesday in Karo District, North Sumatra, Indonesia.

The number of displaced people has increased to 22,000 in Western Indonesia as Mount Sinabung continues to spew ash and smoke after several eruptions since September. Eleven deaths have now been recorded as a result of the eruptions, with hundreds more falling ill. Officials expect the number of evacuees to rise as volcanic activity remains high.

Sinabung had lain dormant for 400 years before a re-awakening eruption in 2010. Sinabung is one of nearly 130 active volcanoes in Indonesia that straddle key tectonic fault lines known as the Pacific Ring of Fire.

The deadliest eruption in recent years was of Mount Merapi in 2010 near the densely populated city of Yogyakarta, which killed 350 people.

GETTY IMAGES

**A man wears a plastic bag to cover his face after his village was smothered by ash.** GETTY IMAGES

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

**Health, wellness and wearable tech are colliding in full force at this year's Consumer Electronic Show, with a healthy portion of products geared toward the digitally-inclined fitness diehards. Look out Fitbit and FuelBand, there are some new kids on the starting block.**

CONTRIBUTED

### Skulpt Aim:

Knowing how many clicks you've run and calories you've burned is just part of the health equation. Knowing the effects of your hard work is the other. Press this phone-size gadget to your freshly pumped muscles to get an instant (and accurate, they say) reading of your body composition.

### Tinke:

Again, for those beyond measuring simple kms and cals, Tinke reads heart rate, blood oxygen levels and respiratory rate with just the tap of your thumb (accuracy may be questionable on this one).

### Bracelets:

LG, Sony, Razer and even Intel have launched fitness tracking bracelets, all taking various metrics of your activities which connect to varying degrees with your smartphone.

Twitter

**@metropicks asked: @jimmykimmel dumped snow on L.A. beach goers who bragged about the warm climate. What is a suitable penalty for bragging?**

**@yelpcalgary:** Ha. Californians are just jealous of our awesome touques.

**@ehbsea:** One hour in a walk in freezer in their beach wear

**@adam_rizk:** A big enough star he could've had a following to Sequoia, Yosemite mountains & left them there LYAO!

**@sarahmeaghang:** They should have gotten "face-washes"

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metro

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# Blue Monday no match for PuSh

**Performing arts festival.** Looking for a way to make it through January? Check out 20 days of music and more

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Gob Squad Arts Collective's Super Night Shot is among the main stage acts at the annual PuSh International Performing Arts Festival, which begins next week in Vancouver. CONTRIBUTED

Breaking news (not really): Blue Monday is bunk. It started as a marketing campaign for a travel firm and there's no science behind it.

What's depressing is the annual media coverage this fact-less, faux-event inexplicably continues to generate. And even though this alleged most-miserable day of the year is said to be the third Monday in January, this year, judging by the recent smorgasbord of mindless coverage, it went down earlier in the week.

So which is it? The first Monday in January or the third? And what's the equation, again? Oh, right: debt plus darkness times holiday caloric intake equals complete crap.

Got it.

Listen, I'm not saying January isn't, generally speaking, a tough month. It's dark, rainy, cold and there's barely any snow on the local mountains. In West Coast parlance, this is a legitimate bummer.

So let's do something about it by engaging our collective imaginations. Something to take our minds off of the weather, our work — it's dark when I go there and dark when I come home! — and those people who insist on mindlessly tweeting stuff about The Bachelor.

Thankfully, we've got help. The 10th annual PuSh International Performing Arts Festival kicks off Jan. 14 and runs through Feb. 2 at venues across town.

Here's a festival that has grown into one of this city's best. This year, it features 150 performances and events.

Main stage shows include Gob Squad Arts Collective's Super Night Shot (Berlin, Germany and Nottingham, U.K.), Why Not Theatre's A Brimful of Asha (Toronto), Stop the Violence's Human Library (Copenhagen, Denmark with Zee Zee Theatre, Vancouver), Human Cargo's Night (Toronto), 605 Collective's Inheritor Album (Vancouver), musician Antonio Zambujo (Portugal) and many more.

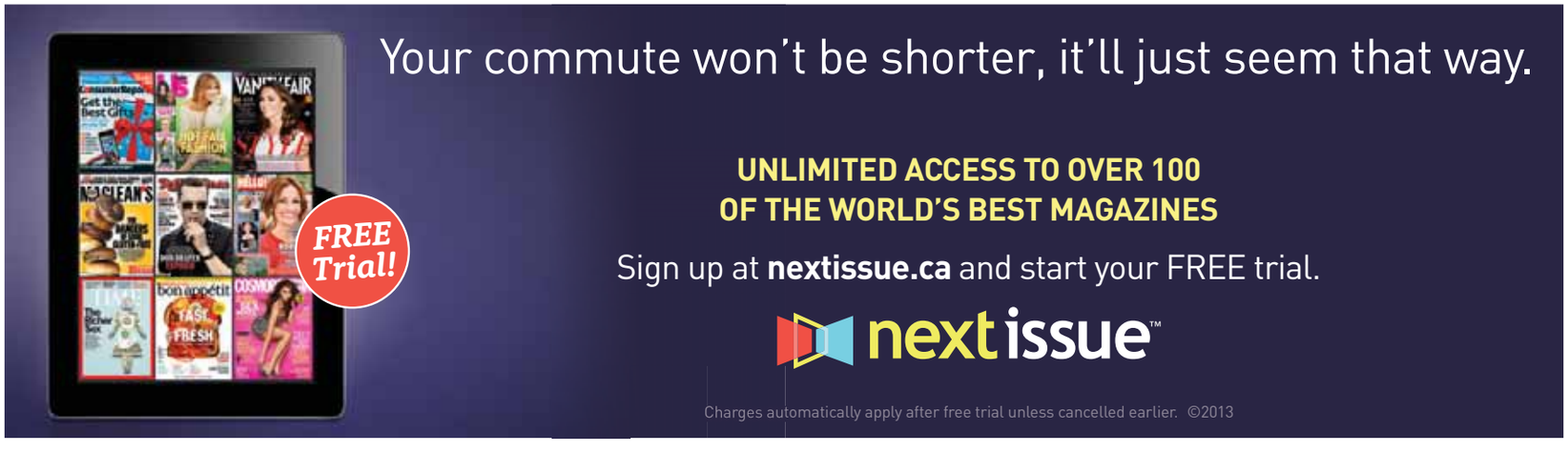
There's also Club PuSh, presented with Theatre Conspiracy, the social hub of the festival. Marquee Acts include Ivan Coyote and Rae Spoon, 60 youth singers with indie act Woodpigeon, an evening of cat-themed song and plenty more artsy fartsy goodness.

Twenty days of it, to be precise.

So, tell Blue Monday to suck it and buy yourself a PuSh Pass or just thumb the calendar and pick the individual shows you'd like to see. Trust me, you'll be glad you did.

**More information**

**For everything you need to know about the festival, visit pushfestival.ca.**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# Divorce Corp. Doc reveals the messy business of breaking up a marriage

"The biggest single reason for divorce in (the U.S.) is marriage," divorce attorney Gerald Nissenbaum says at the outset of the new documentary, Divorce Corp. But the film's narrator, Dr. Drew Pinsky, tells Metro that attitude is "cynicism I'm trying to undo."

"We need sustained, committed, healthy, regulated, happy relationships over long periods of time to raise stable adults," argues Dr. Drew, who described Divorce Corp. as an in-depth profile of the "unbelievably dysfunctional" divorce industry.

Though known to many for his work as an addiction specialist, Dr. Drew says tackling divorce wasn't too far-fetched a career move for him because it furthers his commitment to "championing stable and healthy relationships."

And once exposed to the material — like the fact that more money passes through family law court than all other U.S. courts combined — he was taken aback.

"There is this self-serving industry that really has very little interest in the individuals who are getting divorced," he says, adding that the business of splitting up "incurs lying and fighting" and encourages unethical practices, like dragging out cases so that lawyers and judges can profit off them much longer than necessary. According to the film, attorneys, who can charge upward of $500 per hour, are many times in cahoots with presiding judges, which means fairness often takes a backseat to cronyism.

"The judges themselves are deeply, in inappropriate ways, involved," Dr. Drew says. "I mean, if this was a medical system, there'd be people in prison. We're not allowed to do anything like that."

Dr. Drew Pinsky is the narrator of Divorce Corp. GETTY IMAGES

**Quoted**

**"There is this self-serving industry that really has very little interest in the individuals who are getting divorced."**

Dr. Drew Pinsky

So how can these people get away with their practices? Divorce courts are courts of equity, not courts of law, so constitutional rights aren't always held up. That means if you can't afford an attorney, you won't get one.

Dr. Drew says that the industry wasn't established with malicious intent, but it's "played out this way and it needs reform." He's hopeful that at the least the film will inspire conversation about what that reform could look like. And it seems some people are catching on: victims of family court and high-profile attorneys like Gloria Allred speak up in the film about shady practices.

MEREDITH ENGEL/MWN

# Meryl on playing a malevolent matriarch

## August: Osage County. Streep says she wasn't up for being the villain at first

MATT PRIGGE
Metro World News in New York

August: Osage County is an ensemble film, with big-name actors crowded into every inch of the screen. But most of the attention has drifted, inevitably, toward its matriarch, not the least because she's played by Meryl Streep.

As Violet Weston, whose dysfunctional family packs into her remote Oklahoma home in the wake of her husband's suicide, she's a pill-popping monster, short-tempered and prone to speak her mind, which is usually crammed with wicked thoughts she mistakes for tough truths. This may sound more fun that it is.

"As an actor, you're supposed to want to go to the house of pain over and over and over again," Streep explains. "But it's not something that's fun. I resisted doing this initially, because of that. I just thought, ugh."

While everyone who plays her daughters, including Julia Roberts, Juliette Lewis and Julianne Nicholson, got along swimmingly, she still felt her character's pain. "It wasn't the most joyous experience from my point of view," she says.

Adding to the tension was shooting while hurricane Sandy raged and the presidential election occurred in the outside world. "It was important to make a connection beyond the set. Also, I was smoking nonstop, which really makes you feel s—."

Meryl Streep and Julia Roberts star in August: Osage County. CONTRIBUTED

She even felt a bit of jealousy, especially in comparison to Chris Cooper's far more likable brother-in-law. "He would imbue (his character) with his enormous humanity and compassion. And I knew the audience would love him. And I knew they would hate me in equal measure."

She says one of the more upsetting scenes was the first one in the film, with her husband, played by Sam Sheppard, before he kills himself.

"To look at him close up and see his loathing of me, that was really hard," she says. "You still think that maybe there's a spark of love from this person who's gone through everything with you. And to look in his eyes and realize he'd rather be dead than look at you, that was brutal. That sort of set the tone for dealing with his death and everything afterwards."

**Quoted**

**"I resisted doing this initially because of that. I just thought, ugh."**

Meryl Streep on not wanting to play an evil mother in the film.

This said, the play's source — by Tracy Letts, for which he was awarded the Pulitzer Prize — is still a comedy. "The humour's borne out of pain. But you still want your laughs. Every single actor came to the first reading with a copy of the original play in their back pocket, with their lines highlighted that had been cut." They even begged Letts, who adapted the play himself for the screen, to reinstitute key laugh lines.

And while the film, like the play, is more outsized in its grotesquery than most family get-togethers, it's still supposed to be, Streep assures, relatable. "It's like when you come together with your friends after Thanksgiving, and you say, 'I have to tell you what my mother said!' And you tell a story that was not funny when you were there, but in the telling it's fabulous. That's how you transform your life. Because if you can't laugh about this stuff…"

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Laura Vandervoort plays werewolf Elena Michaels in Bitten. CONTRIBUTED

# Bitten star sinks her teeth into female werewolf role

**Laura Vandervoort.** Actress talks about the nuances of a role traditionally reserved for men

Werewolves have been howling loudly at the spotlight in recent years through various films and TV series — Twilight, True Blood and The Mortal Instruments to name but a few.

But the sexy new supernatural thriller Bitten offers a rarely seen take on the moon monster mythology: a furry female lead.

The werewolf figure is well suited to women because both are "so affected by mother Earth and the cycles" and face societal pressures concerning image, says Laura Vandervoort, the Toronto native who stars as the four-legged fanged protagonist Elena Michaels.

"(Elena is) suppressing this animal inside of her and trying to just maintain this perfect facade, whereas her true self is in New York as this werewolf and just letting loose, and I think a lot of women have trouble being themselves," she said in a recent telephone interview.

"So it's interesting if you think about it from that perspective while watching it, that she's trying to keep this perfect image."

Vandervoort's Elena is an orphan who grew up in the foster care system in the U.S. and became a werewolf when a professor with whom she fell in love (Greyston Holt) bit her to protect her.

In the series premiere, she's working as a photographer in Toronto and trying to carry on a new life away from her wolf pack in upstate New York.

She gets sucked back into life with the pack, though, when a "random mutt" breaks the rules by killing humans for sport and her strong tracking skills are needed to catch the culprit.

**Watch it**

**Bitten premiers Saturday at 9 p.m. ET on Space in Canada. The series is based on the New York Times bestselling Women of the Otherworld novels by Canadian Kelley Armstrong.**

Co-stars include Greg Bryk as pack head Jeremy, Paul Greene as Elena's unsuspecting boyfriend Philip and Michael Xavier as Elena's therapist and fellow pack member Logan.

"It's very Sopranos, True Blood," said Vandervoort, who grew up in Toronto's North York area and is the third cousin of acting great Gordon Pinsent.

"It's an adult show and it's about the relationships and not just the fact that we're werewolves. It's the family dynamic.

"It's protecting your family at all costs. And if that means murder, as much as Elena hates who she is, you protect your pack."

The Los Angeles-based Vandervoort, who's twice made Maxim's list of Top 100 hottest women, came to the series after playing key roles on series including the Instant Star, Smallville and V.

With a second-degree black belt in Shotokan karate, she did "93 per cent" of her own stunts "except falling down the stairs."

"It's such a vast range for a female to get to play on television that I loved going to work every day and coming home and being exhausted but feeling like, 'Wow, I did that and I didn't think I was capable.'" THE CANADIAN PRESS

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Selena Gomez ALL PHOTOS GETTY IMAGES

# Gomez thought to be back in Bieber's arms after devastating diagnosis

Just why are Selena Gomez and Justin Bieber back to canoodling? Sources say it's because of Gomez's recent lupus diagnosis. "Justin reached out to Selena after she cancelled the tour," a Bieber insider tells Life & Style, referring to Gomez cancelling her 2014 Stars Dance tour last month, reportedly after she got the diagnosis of the autoimmune disease. "He wanted to make sure she was OK and healthy. He cares about her a lot. I don't know if they'll get back together, but he wanted to see her and spend time with her."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

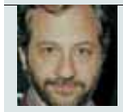
**The Word**

## *Paul's got some party haul but this one was a real thriller*

Aaron Paul has been to some impressive parties, but one sticks out particularly for the Breaking Bad star. "It was the Prince of Brunei's 25th birthday party. Six years ago, outside of London," he tells Details magazine. Paul, who attended as another guest's plus-one, entertained himself by chasing sheep around the castle and breaking the Prince's hovercraft. He certainly made an impression: "I was going back up to my room, and this guy grabs me and says, 'Hey, Prince Azim wants to see you in the library,'" Paul says. "So I go down there, and he's sitting on the couch with Michael Jackson, and me and Michael Jackson end up having this hour-long heart-to-heart about family and upbringings, and I remember, he just put his arm around my shoulder and said, 'You know, if you've had a rough childhood or not, it's all about forgiveness. Once you realize that, it's fine. Everything's fine.' And I'm like, 'Michael, you are absolutely right. Do you want to do a shot?' And he goes 'Sure!'"

**Twitter**

**@kirstiealley**
When someone says "It isn't you, it's me"....
It's you



**@JuddApatow**
How do I avoid this freaking stomach flu? I am not a big fan of multiple days of vomiting.

**@MarkDuplass**
Milquetoast. Great word. Underutilized.

Jake Gyllenhaal

# Gyllenhaal's relationship with model 'fizzled out'

Jake Gyllenhaal has reportedly split up with model Alyssa Miller after six months of dating, according to Us Weekly. "They fizzled out. It happened a while back — before the holidays. He's back on the scene," a source says. "Things were really good between Jake and Alyssa right up until he had to leave for L.A. to shoot a movie in the fall. Then the distance just really got to them." Reps for Gyllenhaal and Miller did not respond to requests for comment.

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# Every sharp shopper has a calendar in the closet

**Seasonal secrets.** Style expert Lilliana Vazquez shares tips on mapping out your 2014 shopping plan

ANDREA PARK
Metro World News

There is a right time and a wrong time to buy those shoes you've been eyeing, and even if you made a New Year's resolution to save money in 2014, that doesn't mean you have to sacrifice style. Lilliana Vazquez, style expert and author of The Cheap Chica's Guide to Style, shares her tips on planning a shopping schedule for the year and how you can save money on hot wardrobe staples with just a bit of good timing.

## January

**Winter coats and accessories**
This frosty month is the perfect time to buy warm winter goods. "Whether it's a brand new coat, hats, scarves, gloves, boots or ski stuff, items get really marked down in January but in a city like New York, we'll probably still be wearing these until April," says Vazquez.

**Formal wear**
"Anyone who was selling New Year's and holiday party stuff still has a lot of merchandise, so this is the best time of the year to buy a cocktail dress," says Vazquez. She added that it's an especially great time to save on anything sparkly or beaded.

## February

**Spring items**
Believe it or not, February is a great month to buy spring items. Vazquez says though this is when stores get their first shipments of spring clothes, retailers will mark them down if no one is buying. "You can get new stuff marked down if it's really cold out," Vazquez says.

**Winter clearance**
If you still need winter clothes, this is when winter gear is on final mark down. The merchandise will already be picked over, but it will be at its cheapest.

## March and April

**Shoes**
Get a head start on summer shoe shopping in March and April, when the selection is the largest. Stores will offer some early markdowns, and those sandals you've had your eye on may be gone by May.

**Fitness gear**
"A lot of (sneakers and fitness items) come in for the New Year's resolutions of people who say they're going to work out and then never do, so if you're a runner or gearing up for the summer, it's a great time to buy sneakers and fitness fashion items," says Vazquez. She added that this is when Lululemon fans can buy their favourite brand on deep discount.

## May

**Secondhand items**
May is a big month for spring cleaning, which means that lots of people are getting rid of their clothes and accessories, and one man's trash is another man's treasure, right? "A lot of people are cleaning out, so it's a good time to deal hunt in your neighbourhood," says Vazquez. "You can get vintage stuff and great shoes because they're making room in their closets for all new things."

Lilliana Vazquez, author of The Cheap Chica's Guide to Style. GETTY IMAGES

## June and July

**Summer items**
Fall items will be trickling into stores by now, which means you can find great deals on summer clothes and accessories. "You can get stuff you can get a lot of use out of, like shorts, rompers and sundresses — things that feel seasonal," says Vazquez.

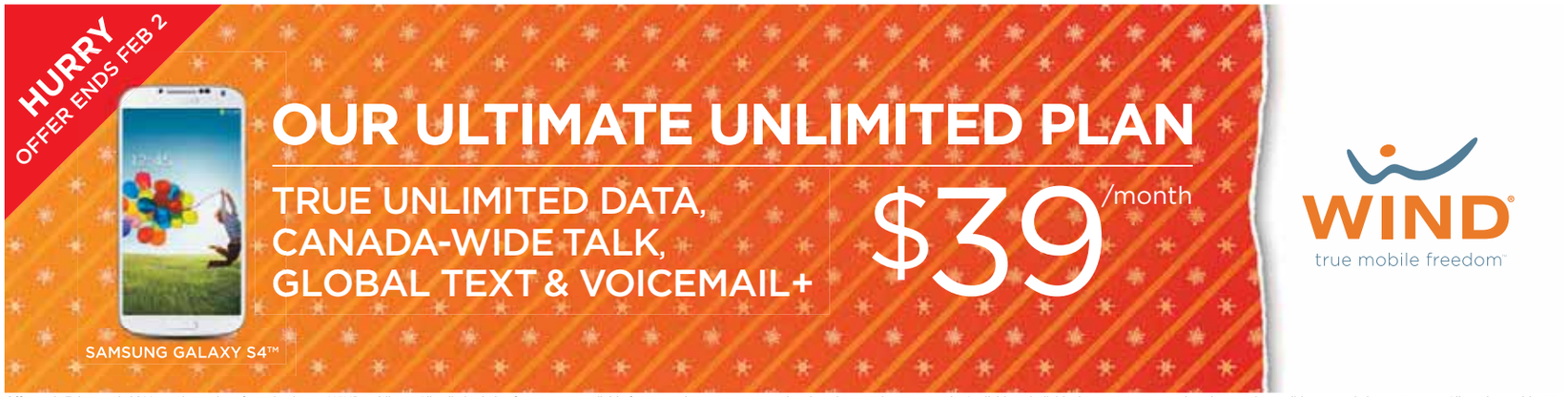
**Swimsuits**
Stores will still carry plenty of swimsuits, but they'll be marked down by June and July. "You'll still wear them for another two or three months," pointed out Vazquez.

**Thinking ahead**

- **Summer's end** Vazquez called this "back-to-school summer leftover time." Inventory will be a mixed bag of summer odds and ends without much size availability, but this is when you can get the best deals on summer clearance items. Plus, you'll find discounts on new inventory during back-to-school and Labour Day promotions.
- **Baby, it's cold outside** November is a big shopping month with Black Friday and Cyber Monday. Vazquez says this is when she saves up for her big, pricey purchases like cashmere sweaters. "These deals I only splurge on once a year because I can wear them for a long time, so it's a great value proposition for my closet," she says.
- **December's diamonds** Vazquez says that December is the last chance for retailers to grab customers for their year-end earnings reports, which means holiday sales abound. This is an especially good time to get "no size" gifts like hats, bags, gloves and scarves for friends and family.

**Leap on that LBD ASAP!**

**"Anyone who was selling New Year's and holiday party stuff still has a lot of merchandise, so this is the best time of the year to buy a cocktail dress."**
Lilliana Vazquez

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# Humble, iconic and sometimes blue

Since their inception way back in 1858, Mason jars have mainly eked out an existence as a practical, low-key staple of home canning. They caught a second wind as a hipster accessory (complete with Portlandia send-up), an Etsy mainstay and a restaurant serving vessel, but in 2013, their popularity in the design and DIY worlds truly exploded. Major decor retailers looked to the jars for inspiration; publishers churned out books on Mason-jar crafts; and a limited-edition Ball Heritage Collection made blue jars available to the masses instead of just antique collectors. As for online? According to the Huffington Post, "Mason jars are the cronuts of the Pinterest world — an inescapable fad that's bordering on obsession." Here are just some of the many, many ways you can now trick out a humble canning jar.

METRO

## KITCHEN GADGETRY

Clockwise from right, Recap Mason Jar Pour Cap/Lid and Cuppow lid, delishgeneralstore.bigcartel.com; W + P Design Shaker, westelm.ca.

## RETAIL INSPIRATION

Clockwise from top left, Exeter 5-Jar Pendant and Exeter Sconce, online only at potterybarn.com. Hanging Mercury Glass Mason Jar, Pottery Barn and potterybarn.com.

## GARDEN DECOR

From left, Solar Lid Lights, Quart Mason Jar Bird Feeder and Mason Jar Flower Frog, all by Colonial Tin Works, available at masonjarshoppe.com.

## DIY DARLINGS

Mason Jar Crafts by Lauren Elise Donaldson is available at chapters.indigo.ca.

When connected to an air compressor, Lee Valley's Critter Air-Powered Spray Gun will spray stain, adhesive, lacquer or paint. It uses any size of standard Mason jar as the reservoir for easy storage of paints or finishes. Available at leevalley.com.

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# Print yourself some new furnishings

**Technology.** A novelty once reserved for sci fi, 3-D printing has now gone mainstream

Looking for that perfect light for your home office? A new chair or coffee table? You might try making it yourself, at home, with just the click of a button.

3-D printing, a novelty once reserved for science fiction, is going mainstream thanks to cheaper, more accessible technology.

The printers, which now cost as little as $300, use lasers to blast out layer upon layer of plastics or other materials, forming 3-D objects.

And if you don't have the time, money or inclination to invest in a 3-D printer of your own, there are hundreds of websites selling lights, coasters, sculptures, furniture and even wallpaper crafted by 3-D printers.

New York-based Shapeways, for example, allows users to make, buy or sell three-dimensional designs. Products include a delicate, twig-like egg cup for $8 and a lamp that looks like a nuclear mushroom cloud for $1,389.

### Lighting

Among the most popular — and dramatic — 3-D products for the home are lights, whether ceiling pendants, table lamps or floor lamps.

Belgium's .MGX by Materialise, a pioneer in 3-D printing, is known for museum-quality, futuristic designs. Among the most popular is the Bloom table lamp (about $2,600 US), a flower-bud inspired design with joints that you can expand or collapse to release or contain light, says marketing manager Katrien Vandenplas.

Shapeways offers dozens of lamps created by some of the site's more than 11,000 "shop owners," or designers. The honeycomb-inspired Veroni lampshade, for instance, costs as little as $15 US and comes in a variety of colours and materials ranging from the standard plastic to raw metal and steel.

### Wall hangings

Statement pieces for your walls run the gamut in the 3-D printing world.

Shapeways' ethereal Whales ($48) lends modern sophistication with its airy rendition of two swimming whales crafted from white plastic. They almost seem to spring off the wall.

Florida-based Proton 3D Studio offers a little kitsch with a pop art-like plastic Pi symbol ($21) and the word "geek" crafted in orange plastic script lettering ($24).

Sweden's Kredema Design has one of the more off-the-wall home-decor products: 3-D wallpaper that rolls out away from the wall to form shelves, magazine holders and even lampshades. Made from sheets of acrylic and wallpaper, the Off the Wall collection is available by special order only.

### Accessories

From picture frames to vases and even planters, you can design or find just about anything home-related using 3-D printing technology.

Shapeways recently added glazed ceramic to its list of materials, making it possible to craft personalized plates, mugs, and salt and pepper shakers. THE ASSOCIATED PRESS

**Online sources**

- **Shapeways:** shapeways.com
- **.MGX by Materialise:** mgxbymaterialise.com
- **ProtoParadigm:** protoparadigm.com
- **Proton3D Studio:** etsy.com/ca/shop/proton3D
- **Kredema Off the Wall:** kredema.se/offthewall

The Volume.MGX lamp by Dror expands from a flattened position to create a shape which, when lit, provides both a bright, warm glow in its centre and a cooler, darker feeling around its edges. MGX BY MATERIALISE


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# Big, bold design trends for the new year

This year brings big changes on the home decor front. We'll say goodbye to espresso wood and cool grey colours while welcoming lighter woods, warmer walls and coloured, artful rugs. These trends will hold strong for a few years, so keep them in mind for future decorating projects. Here are four key ones worth investing in over the next year and beyond.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

## Lighter wood tones

Goodbye dark espresso wood tones and hello lighter, natural oak. No, not the honey-golden oak from the '80s: think grainy, raw oak with a simple coat of wax. Pagan's Dance brushed, engineered wide plank flooring, $13.75 per square foot, kentwoodfloors.com.

## Warmer paint colours

The new neutral is platinum. Think grey with a dollop of brown to warm it up. Looks great with almost every other colour. Escarpment CC-518, benjaminmoore.ca.

## Bolder, artful rugs

Go bold or don't bring it home. Art and rugs are going big and bold. It's time to wake up our spaces, so think of colourful rugs as artwork for the floor. Kashmir 8x10 orange wool rug, $363, ecarpetgallery.com.

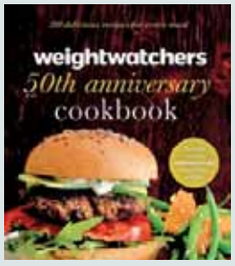
## Golden metal finishes

Metal tones are warming up, so go with polished gold for a luxe vibe or tarnished brass for a casual, industrial look. Graham Table Lamp, $338, crateandbarrel.ca.

# Southern classic, without the fat

**Cookbook of the Week**

## Get excited about eating healthy




Weight Watchers cookbooks are trusted by anyone who is excited about cooking delicious, healthy food.

This latest offering serves up more than 280 favourites that have been updated, and feature fresh ingredients, how-to tips, Weight Watchers lore, and nutritional info and PointsPlus values for the newest program, Weight Watchers 360°.

Among the dishes included are Cajun Catfish, Cheese Puffs, Lamb Kebobs, and more. **METRO**

"Pork chops in onion sauce is a Southern classic, but often it is swimming in too much fat," write the Weight Watchers folks in the book Weight Watchers 50th Anniversary Cookbook of this Skillet Pork Chops with Onion Gravy recipe.

"We gave the dish a healthy makeover that retains all the great flavour but with a mere one teaspoon of oil. Think of it as comfort food that you can really feel comfortable with!"

**1.** Sprinkle the chops with the salt and pepper. Heat a large nonstick skillet over medium heat. Swirl in the oil, add the chops and cook, turning occasionally, until browned, about 5 minutes. Transfer to a plate.

**2.** Add the onions, 1/4 cup of the broth, and the garlic to the skillet. Bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the onions are very tender, 12–15 minutes.

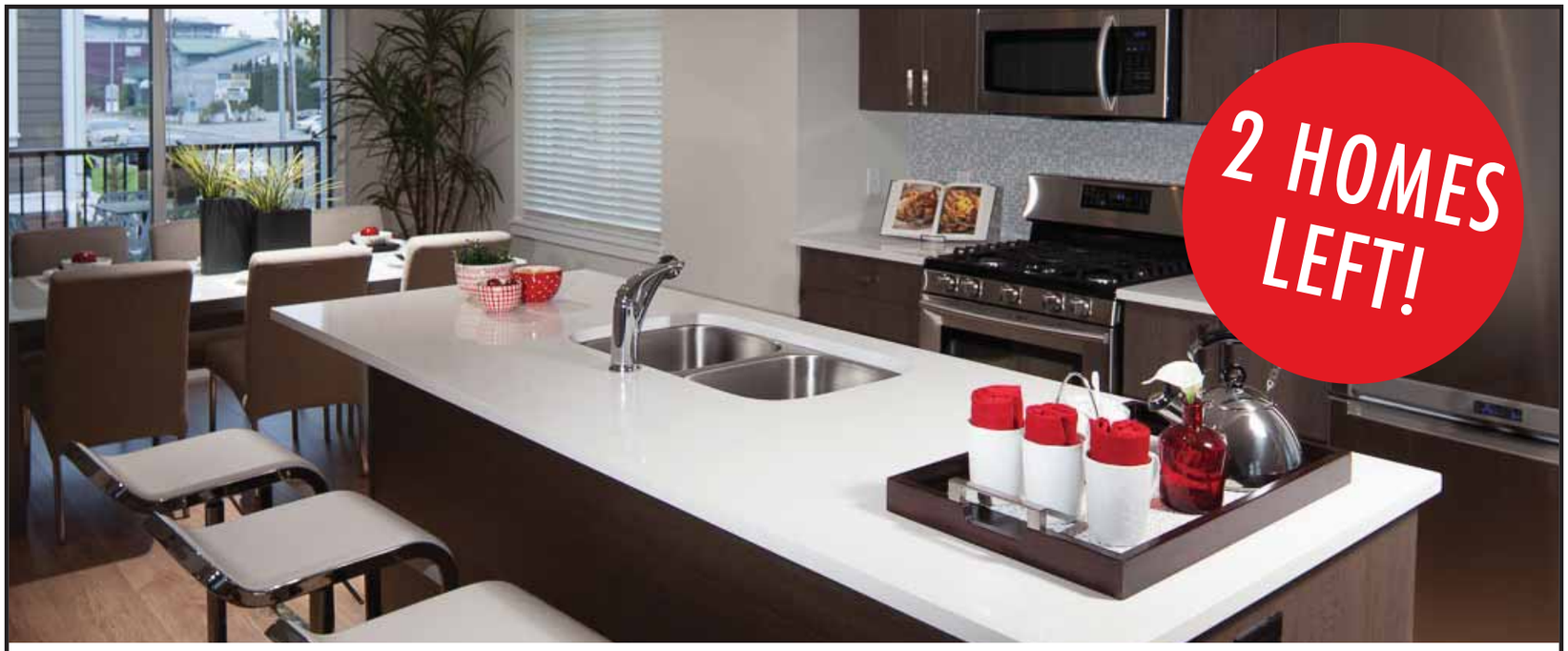
**3.** Sprinkle the onions with the flour; cook, stirring constantly, 1 minute. Add the remaining 1 cup broth, mustard, and thyme. Bring to a boil, stirring until the sauce bubbles and thickens. Return the chops and any accumulated juices to the skillet. Reduce the heat and simmer, uncovered, until the chops are heated through, 2–3 minutes.

**FOR MORE WEIGHT WATCHERS RECIPES, PLEASE VISIT WEIGHTWATCHERS.CA/FOOD. RECIPE AND PHOTOS REPRINTED FROM WEIGHT WATCHERS 50TH ANNIVERSARY COOKBOOK © 2013 WEIGHT WATCHERS INTERNATIONAL, INC. ALL RIGHTS RESERVED.**

**Ingredients**

- 4 (6-oz) bone-in porkloin chops, trimmed
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1 tsp olive oil
- 2 sweet onions, thinly sliced
- 1 1/4 cups reduced-sodium chicken broth
- 2 garlic cloves, minced
- 2 tsp all-purpose flour
- 1 tsp whole-grain Dijon mustard
- 1 tbsp chopped fresh thyme

This recipe serves six. One chop with 1/4 cup sauce contains 253 calories and 11 grams total fat.

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Sidney Crosby scores the game-tying goal against Eddie Lack in the Penguins' 5-4 shootout win over the Canucks on Tuesday night. DARRYL DYCK/THE CANADIAN PRESS

# Shutting down early

**NHL.** Closing out games clearly becoming a concern for Canucks

CAM TUCKER
cam.tucker@metronews.ca

In the wake of another coughed-up third-period lead, John Tortorella admitted his group of players is a fragile one.

The Vancouver Canucks have lost four straight to begin the new year, and five in a row dating back to their final game of 2013. The latest came in a thrilling, wild, yet ultimately disappointing — if you're a Canucks fan — 5-4 shootout loss to Sidney Crosby and the Pittsburgh Penguins Tuesday at Rogers Arena.

The Canucks had a two-goal lead with 1:15 remaining in regulation, with a defensive zone faceoff coming up. That's when the collapse started.

The Penguins, thanks to goals from Kris Letang and Crosby 16 seconds apart, tied the game, forcing overtime and the deciding skills competition.

"That's part of growing as a team," Tortorella said Tuesday.

"I think it's fragile. I think all teams get in this state. It's how quickly you can get out of it."

The Canucks continue to occupy the top wild-card spot in the Western Conference, with the St. Louis Blues, winners of six straight as of Wednesday afternoon, in town on Friday.

Surrendering late goals with the opposing goaltender pulled for the extra attacker remains a theme with this group. As reported by Kevin Woodley of NHL.com, the Canucks have surrendered a total of six goals in six-on-five situations this season. Twice they've recovered to win in overtime.

On two separate occasions against the Phoenix Coyotes, a team currently four points back of Vancouver and holders of the second wild-card position in the West, the Canucks have had the lead in the third period, only to give it up.

Now, those situations weren't at six-on-five, but still, chances to win in regulation against a division opponent weren't taken advantage of. Once, they lost in a shootout. The other time, they won in overtime.

"We've got to try and exorcise it," said Tortorella. "When we close out some games, we've got to try and rely on that."

**Shooting blanks**

**The Vancouver Canucks' record in the shootout is 2-6 after Tuesday's loss to the Pittsburgh Penguins.**

- Perhaps more troubling than the record is the amount of failed attempts. Vancouver skaters have combined for only four goals on 32 attempts in the shootout this season, giving them a 28th-ranked NHL shooting percentage.
- Only the Nashville Predators and New Jersey Devils have a worse shooting percentage in the shootout.

**WHL**

## Giants send Tvrdon to Kelowna

The Vancouver Giants completed a trade with their B.C. Division foes, the Kelowna Rockets, on Wednesday.

The Giants dealt Slovakian forward Marek Tvrdon to the Rockets for a second-round pick in this year's Bantam draft. Tvrdon, a fourth-round pick of the Detroit Red Wings, has been playing most of this season in the East Coast Hockey League with the Toledo Walleye.

In three seasons with the Giants, Tvrdon scored 45 goals and 107 points. However, his 2012-13 season was cut short in November when he underwent surgery to remove a blood clot in his left shoulder.

According to the Rockets' website, Tvrdon is expected to join the Kelowna team on its current road trip.

The WHL's trade deadline is Friday.

The Giants, with seven wins in their last 10 games, are seventh in the WHL's Western Conference standings. They host the Prince George Cougars at the Pacific Coliseum on Friday. CAM TUCKER/METRO

**NFL playoffs**

**"I think there are a couple of areas we can continue to improve."**

**Quarterback Russell Wilson,** whose Seahawks have scuffled towards the playoffs since a December win over the New Orleans Saints, who will be in Seattle for battle host this Saturday.

# Sochi Games won't be their first rodeo

Manuel Osborne-Paradis was ready to ride after being named to the Olympic alpine speed team on Wednesday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

Canadian skier Manuel Osborne-Paradis learned how it felt to compete on the sport's biggest stage during his Olympic debut in Turin eight years ago.

He learned about pressure at the 2010 Games in his hometown of Vancouver.

His next mission is to build on that experience at his next Olympic appearance in Sochi, where he plans to ride the momentum from the team's strong start to the season.

"In Vancouver there was a lot of prep but not very directed prep," he said Wednesday. "I think this year we've really fixed all the bugs and the kinks that we felt in Vancouver. Obviously there's not as much pressure, not being in Canada.... I think the nerves are a lot more settled and hopefully we're able to direct the energy down the hill and not towards the media."

The veteran skier will anchor the men's alpine team at the Games along with Erik Guay of Mont-Tremblant, Que., and Calgary's Jan Hudec. The three were officially nominated to the Sochi 2014 Olympic team Wednesday.

Some of their teammates still have a chance to join them in Sochi. The qualification window is open until Jan. 26 and the roster is expected to be finalized the next day.

Guay had the top Canadian result at the Vancouver Games, finishing fifth in the downhill and the super-G. Osborne-Paradis was 17th in the downhill and didn't finish the super-G, while Hudec didn't crack the top 20 in either discipline.

THE CANADIAN PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
You will gain more by doing less today. Cut back on your workload or get friends to help you out. Better still, do both. There's no cosmic law that says you have to do anything at all.

### ♉ Taurus
**April 21 - May 21**
You will be inspired to give your best over the next 24 hours. Hold on to that positive, can-do attitude as long as you can — ideally until the moon is full seven days from now.

### ♊ Gemini
**May 22 - June 21**
Today you will know what is right and wrong, and which course of action you should be taking. If you choose not to take it, the consequences may not be to your liking.

### ♋ Cancer
**June 22 - July 23**
If someone whose judgment you trust urges you to really go for it today, you must act immediately. Too often in the past you have been too careful and missed out — now go to the other extreme and throw caution to the wind.

### ♌ Leo
**July 24 - Aug. 23**
It's a good day romance and if anyone is of the opinion that you lack passion, they will soon see the error of their ways. When a Leo gets fired up, the heat is enough to melt the coldest of hearts.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You are enamored more by things than you are by people at the moment. There's nothing wrong with that but take care that your material desires don't detract from your relationships.

### ♎ Libra
**Sept. 24 - Oct. 23**
If you think all things are possible, you're right. But why make a battle of it when you have the charm to get what you want without a struggle? Or is that what you enjoy?

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Let others know what you are willing to put up with and what will happen if they push their luck too far. There are times to be tactful but this isn't one of them. Be bold and, if necessary, be brutal too.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Don't stay indoors and hide away. Get out into the world and show everyone what star quality looks like. You were born to be larger than life, so why are you peeking out from behind the curtains?

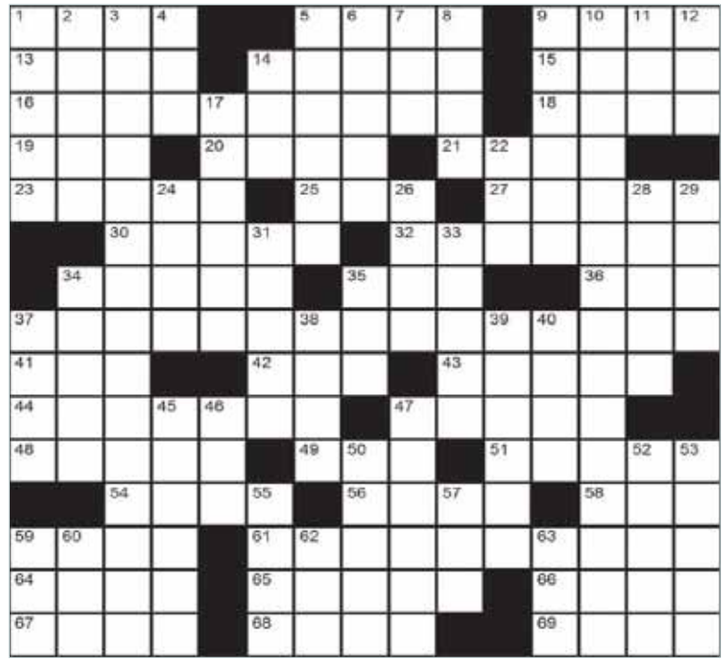
### ♑ Capricorn
**Dec. 22 - Jan. 20**
If you've fallen out with someone, it is the time to make up. That applies to all kinds of relationships but mainly to those of a personal nature.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You may think you can do as you please at the moment but you are kidding yourself and today's events will bring that fact home to you sharply. There are forces operating behind the scenes that limit your options.

### ♓ Pisces
**Feb. 20 - March 20**
If someone wants to make a nuisance of themselves, let them. Most likely, they are hoping you will overreact. Treat them with the contempt they deserve — ignore them completely. SALLY BROMPTON

## Crossword: Canada Across and Down

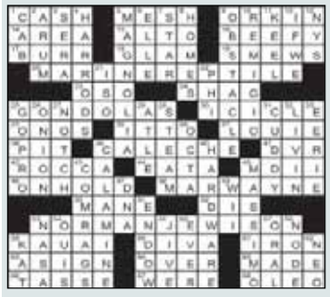
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



### Across
1. ...seis, siete, __...
5. Margaret Mitchell's epic book of '36
9. Rabbit-style tail
13. Scorch
14. Medieval thigh armour, variantly
15. #5-Across home
16. It's currently underway in Russia: 2 wds.
18. AD = __ Domini
19. Oxygen
20. Robert Burns' 'old'
21. Money obligation
23. Mythological tree nymph
25. Type of rally
27. Get cut, do this
30. American poet Sylvia
32. Port __, BC
34. Russian river
35. Orlando's li'l state
36. Implore
37. Cultural attractions in Ottawa: 2 wds.
41. Meal scrap
42. '90s album: 'A Boy Named __'
43. Grocery section
44. Canadian actress Wendy
47. Outrageous interest rate
48. North or South country
49. Practically forever
51. Canadian measurement
54. Soaks flax
56. Bon Jovi's Mr. Torres
58. "Take on Me" band
59. Vancouver-born broadcaster, __-Yin Lee
61. Billboard toppers: 2 wds.
64. Pottery-firing furnace
65. Classic theatre
66. Give out
67. __ _'Orleans, Quebec
68. Get a paycheck
69. Ptolemy's pursuit, puny-ly

### Down
1. Group of eight
2. Church singing group
3. It put Daniel Radcliffe on the map: 3 wds.
4. Legendary monster
5. 'G' of Ontario's U of G
6. Actress Olivia
7. Airport screening org.
8. Colin James' "__ You Lie"
9. Horsie's house
10. Chaucer's creation: 2 wds.
11. Vase
12. Philosophical principle
14. French vineyard
17. Attempted: 3 wds.
22. Shrink
24. U2's "__ _ Want Is You"
26. Warm climate tree
28. "__ of the State" (1998)
29. Makes ground holes
31. Sylvester Stallone/Kurt Russell movie, "__ & Cash" (1989)
33. Hails
34. Writer of ancient Rome, Marcus Terentius __
35. "And __, she don't know...": Bit of The Supremes' "Back in My Arms Again"
37. Arrow-to-bow-string groove
38. Five-star
39. Pink-fleshed fish, en francais
40. Emerald land
45. 'Kiss Land': Album by Canadian artist The __
46. Took a chair
47. Early Celine Dion song
50. CC-138 Twin __ (Search and Rescue aircraft of the RCAF)
52. #5-Across' leading man
53. Facilitator
55. Cobbler's fixed thing
57. NFL's Bengals, on scoreboards
59. Do alpine-ing
60. Pantry product
62. Ms. Lupino
63. "Today" rival, commonly

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | | 6 | 8 | | 3 | 4 | | 9 |
| | | 9 | 2 | | 5 | 7 | | |
| | 7 | | | | | | 6 | |
| | | | 5 | | 7 | | | |
| 5 | | | | | | | | 8 |
| | | | 3 | | 2 | | | |
| | 9 | | | | | | 3 | |
| | | 3 | 6 | | 4 | 8 | | |
| 8 | | 7 | 1 | | 9 | 5 | | 6 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 9 | 1 | 7 | 6 | 5 | 4 | 8 |
| 1 | 7 | 4 | 5 | 3 | 8 | 6 | 9 | 2 |
| 5 | 8 | 6 | 4 | 9 | 2 | 1 | 3 | 7 |
| 8 | 9 | 7 | 6 | 2 | 4 | 3 | 5 | 1 |
| 4 | 6 | 2 | 3 | 5 | 1 | 8 | 7 | 9 |
| 3 | 1 | 5 | 9 | 8 | 7 | 2 | 6 | 4 |
| 7 | 2 | 3 | 8 | 4 | 5 | 9 | 1 | 6 |
| 6 | 5 | 8 | 7 | 1 | 9 | 4 | 2 | 3 |
| 9 | 4 | 1 | 2 | 6 | 3 | 7 | 8 | 5 |

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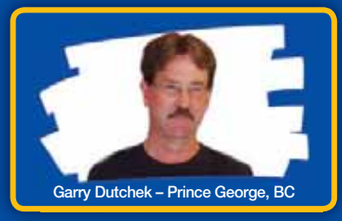
Garry Dutchek – Prince George, BC

Somnang Men – Surrey, BC

Brandon Lee – Surrey, BC

Marina Kromhout – Nanaimo, BC

Sandor Csepeli – Vancouver, BC

Marcel Cadogan – Surrey, BC

Lawrence Page – Surrey, BC

8

9

10

11

12

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